

**Commission on Aging
Regular Meeting
Monday, September 21, 2015 @ 5:00 p.m.**

THESE MINUTES ARE SUBJECT TO THE APPROVAL BY THE COMMISSION ON AGING

The Commission on Aging held a regular meeting on Monday, September 21, 2015 at the Senior Center, 14 Riverside Road, Sandy Hook, CT. Chairman Curt Symes called the meeting to order at 5:00 p.m.

Present: Curt Symes, Anne Rothstein, Anna Wiedemann, Barbara Bloom, Ruby Ryles, Margaret Imbro, John Boccuzzi, Claire Theune, Leah Lentocho

Absent: Sheila Torres

Also Present: Marilyn Place, Ann Piccini, 6 members of the public

ANNOUNCEMENTS: Mr. Symes reported that Joanne Albanesi has stepped down as a commission member which now leaves 2 vacancies. Both the RTC and DTC are actively recruiting people for several boards and commissions. The Cultural Arts Festival was very successful and the COA booth was visited by over 100 seniors. The art work presented by Lynn Welsh and the Senior Center Art Class was well received. Many questions still were raised regarding the Community Center/Senior Center proposal and the future of the Senior Center now that the Community Center project is being reviewed. The survey by the Community Center Commission has been launched and everyone is encouraged to take part in it.

PUBLIC PARTICIPATION: Emily Slattery, Founder of "Old Glory Days", introduced herself and her business located on Church Hill Road which is an adult day center and provides a number of activities for people with dementia. Lisa Krauss, a Geriatric Care Manager introduced her business "Growing Options" which specializes in assisting older and disabled individuals and their families with long or short-term care arrangements. Her business is located in Sandy Hook. Rafel Sgammato is a Board Certified Music Therapist and has a business called "Nostalgic Notes". She offers individuals private music therapy as well as group music therapy and activities to nursing homes, assisted/independent living communities, and senior centers.

Paul Esposito, teacher at Newtown Middle School and hockey coach for Newtown High School, presented a proposal for the Community Center which includes an ice rink and swimming pool (Att. A). He represents the "Newtown Ice Arena Group" which has developed a plan that includes skating, swimming, curling and multi-purpose rooms used for arts and crafts, conferences, after-school programs, yoga, and seminars. In the off season the ice surface can

be removed leaving a large space for events/expos which could hold over 3,500 people. This plan offers financial benefits to the town which can support maintenance of the facility. Mr. Esposito is hoping to build awareness and support for their proposal. Mr. Boccuzzi feels that the Community Center should be more of a gathering place rather than a facility. Ms. Wiedemann agreed that bringing in revenue with any proposal is necessary. Ms. Bloom asked what Pat Llodra's thoughts might be on an ice rink. Mr. Esposito said that Pat Llodra has been a supporter of the growing interest in hockey in Newtown over the last several years. Mr. Symes thanked Mr. Esposito for his presentation.

ACCEPTANCE OF MINUTES:

Ms. Wiedemann made a motion to accept the meeting minutes from August 17, 2015, seconded by Ms. Bloom and unanimously approved.

CHAIRMAN'S REPORT: (Attachment B) – Mr. Symes reported that the grant money (exercise class) did come in; it had been misrouted but has now been deposited. Mr. Boccuzzi said that he did get the grant for a ceramics class as well. Mr. Symes thanked Ms. Wiedemann and Ms. Bloom for putting together the COA Bookmark and fan highlighting the NCCC survey which presses the "Need for More Senior Space". Mr. Boccuzzi is concerned that the survey is somewhat confusing and it may be difficult to be sure to hear the voices of seniors. Ms. Wiedemann said that there will be sessions at Edmond Town Hall and the Library when students will be available to assist people using the computers to participate in the survey.

TREASURER'S REPORT: (Attachment C) - Ms. Wiedemann presented her report and asked if there were any questions.

Ms. Imbro made a motion to accept the Treasurer's Report, seconded by Ms. Bloom and unanimously approved.

DIRECTOR OF SENIOR SERVICES REPORT: (Attachment D) – Ms. Place highlighted her report. The Senior Picnic was held with Masonicare and Nunnawauk Meadows on September 18th at the Gazebo at Masonicare. It was very well attended and was a great success. The Halloween Party will be held on October 29th which will include a luncheon, bingo, and dance. She is requesting \$150.00 from the Gift Fund for the entertainment.

Mr. Boccuzzi made a motion to allocate \$150.00 from the Gift Fund for entertainment for the Halloween Party, seconded by Ms. Rothstein and unanimously approved.

The Annual Bazaar is scheduled for Saturday, November 14th from 9:00 a.m. to 3:00 p.m. She is looking for volunteers to bake for the event. The Annual Holiday Party will be held on December 9th at Michael's at the Grove in Bethel.

MUNICIPAL AGENT FOR THE ELDERLY: (Attachment E) – Ms. Piccini reported that the Operation Fuel Program has been a big help to seniors who have had shutoff notices. Renters Rebate applications will continue to be accepted until September 30th; 53 applications have been processed already. Applications for fuel assistance are now being accepted; there have

been many new applicants due to the tough economy. Mr. Boccuzzi suggested that we think of new ways to get awareness out that people are struggling in our community. Ms. Ryles said she has some ideas on how to do that and will share them with Ms. Piccini.

OLD BUSINESS:

Nominating Committee Update – Ms. Wiedemann announced the following nominations: Curt Symes, Chairman; Sheila Torres, Vice Chair; and Anna Wiedemann, Treasurer. Voting will take place at next month's meeting.

Charter Revision Commission Status – Ms. Theune stated that the Town Charter will be including the Commission on Aging and she has been working on verbage which eliminates the words "aging" and "elderly. She will distribute her suggestions to the commission which will be discussed at next month's meeting.

Community Relations & Outreach Team Discussions/Motions – In her absence, Ms. Torres asked Ms. Wiedemann to present the motion to develop an ad hoc committee to work on a newsletter redesign and website.

Mr. Boccuzzi made the motion to develop an ad hoc committee to work on a newsletter redesign and website, seconded by Ms. Lentocha and unanimously approved.

NEW BUSINESS:

Newsletter(s) and Web Communications to the Seniors of Newtown - Ms. Ryles has a number of ideas for the newsletter and website. She will put her ideas in writing and distribute to the commission members. She has spoken with the designer of Danbury website for seniors and the cost is approximately \$10,000 to \$12,000 which includes training

There being no further business, **Ms. Wiedemann made a motion to adjourn the meeting at 6:52 p.m.**, seconded by Ms. Bloom and unanimously approved.

Respectfully submitted,

Ann LoBosco, Clerk

A.H. A

Newtown Community Center

Ice Rink and Swimming Pool Proposal



- **What recreational opportunities does this design offer for healthy lifestyle choices?**

For the first time ever, Newtown would be able to offer swimming, diving, aquatic aerobics, water polo, ice hockey, figure skating, ice ballet, broomball and public skating sessions. Lighting technology will allow the projection of a curling target onto the ice surface. Multi-purpose rooms can be utilized for after-school programs, yoga, arts and crafts, conferences, seminars and town-hall meetings. The combination with the existing NYA and athletic fields on the Fairfield Hills campus offers unlimited opportunities for camps, clinics, and community connections.

- **Why is the combination of an ice rink and pool the perfect marriage?**

Ice-rink technology advancements have led to Eco-Refrigeration systems that allow heat recovery for other purposes during the ice-making process. Heat produced by the arena can be recycled to facility rooms, hot water, and used to melt snow. Capturing recycled heat from an ice rink to heat an Olympic-sized pool can save over \$250,000 in energy costs annually. The model for operating a standalone rink or pool is very similar, and shared staff for the operation of a combined facility has proven to save significant funds. The cost for ice time at local privately owned rinks is upwards of \$450 per hour, and profits from a successful run rink have proven to sustain adjacent pools, whose costs are difficult to cover.

- **What are the financial benefits for the town?**

When the \$5 million for operating costs from the GE donation is depleted after five-ten years, it's important to have an operation that sustains itself. A facility that burdens Newtown taxpayers in perpetuity is highly undesirable. The rink-pool combination offers a cost-effective operation that is energy efficient. The profits from an ice skating rink can support long-term facility maintenance, as well as subsidize pool operations. When families choose a town to raise their children, they consider town amenities in their decision. This facility will dramatically enhance the Fairfield Hills campus, increase overall town appeal and bolster real-estate values, as has been proven in other Connecticut towns like Ridgefield, Darien, New Canaan, and Simsbury. Families that have to travel out of town to participate in ice skating and swimming activities would save on transportation costs and allow them more time to devote to academics.

- **How can a skating rink surface be utilized during the off-season?**

When the ice surface is removed during the warmer months, a concrete surface is exposed offering a significant floor space for events. Bay doors in this design easily allow for a stage and additional seating that will comfortably accommodate over 3,500 people for music, performances or town ceremonies, such as school graduations. In addition, the open-floor plan provides sufficient room for exhibitions, trade shows or health fairs. This surface can also be used for athletics such as shuffleboard, roller hockey, indoor soccer, and box lacrosse.

- **Why should you vote for an ice rink and pool complex in the Community Center survey?**

This plan offers recreational opportunities for all ages and abilities. The energy-efficient system created by combining a rink and pool offers significant savings and is the soundest environmental choice. When run effectively, this facility will be self-sustaining and not a draw on Newtown taxpayers, while broadly increasing town appeal.

Please visit www.newtownhockey.com for more information and the architectural designs.

AH. B

Newtown Commission on Aging (CoA) – Chairman Report – 9/21/15 Meeting

Welcome to our September CoA meeting and the celebration of National Senior Center month, Medicare Awareness & Education month and the Newtown Arts Festival. As I mentioned in opening announcements, we now have two (2) vacancies on the CoA.

I would like to thank both our CoA Commissioners and the Senior Center Art Class for their invaluable support at this past weekend long NewtownArts Festival. We had more Newtown Seniors (well over 100), more than ever before in our past 2 years, come up to the CoA Booth to both pick-up copies of the new Senior Resources Guide and ask what happened to the Community Center-Senior Center proposal. It is now extremely clear that there is a great deal of confusion and questions among Newtown's Seniors, regarding the redirection of the 2014 work. The presence of the Community Center Commission at the festival was an excellent opportunity for Seniors to continue the discussion, and find out about the NCCC Survey – www.ncccsurvey.com.

Many thanks to the CoA team for pulling together the complementary CoA Bookmark, fan, etc. highlighting the NCCC Survey and the pressing "Need for More Senior Space"! Building on First Selectman, Pat Llodra's comment, that I discussed in our August CoA Minutes, "Newtown is Underserving its Seniors", we have launched a focus on the survey and dialog in support of the theme "Newtown Seniors Deserve & Need More Space".

Similarly, thanks to Senior Center Art Instructor, Lynn Welsh, the potential capabilities of the Senior Art Community was highlighted with a display, showcasing their work and accomplishments. Senior Art is alive & well in Newtown!

We will continue to both encourage and motivate the 5000 strong (silent) Newtown Senior Community, age 60 & over, to now stand-up and be counted in the NCCC Survey in support of more Senior Programs & Space, as identified in the Newtown-wide Senior Survey conducted across 2013-2014!

During the 2 days of the festival, I stopped counting how many people asked us (the CoA Commissioners) either "where is the Senior Center in Newtown?" or "when is it going to be fixed or expanded?" We even had individuals from other towns, like Southbury, Brookfield, Bethel, etc. ask why our Newtown Seniors are coming to their Community-Senior Centers and what is wrong with our center?

Finally, we have a full agenda of subjects to cover and our greatest challenge going forward continues to be getting the attention of and effectively communicating with the Seniors of Newtown beyond the Senior Center.

Respectfully submitted,

Curt Symes

Chair, Newtown CoA

NEWTOWN SENIOR CENTER
 Director of Senior Services
 August 18, 2015 – Sept 18, 2015

AH. D

PROGRAMS	NUMBER OF ATTENDANTS (August)
Zumba Gold	55
Exercise	180
Floor Yoga (2 days)	71
Chair Yoga (2 day)	82
Cards	69
Mah Jong	23
Chorus	27
Bingo/Keno	15
Lunch	73
Knitting	22
Cards (craft)	22
Quilting/sewing	7
Walk-Ins	15
Billiards/ping pong	26
Trips	100
Newsletter	12
Wii	4
Chinese brush painting	
Painting/Art	12
Special events	14
Tai Chi	30
AARP Safe Driving	23
Ballroom Line dance	25
Current Events Discussion	38
Spanish Lessons	
Speakers	60
Chair Pilates	18
Strength & Balance	15
Inter-generational w/ CAC	40

Attendance Daily:

Monday	Tuesday	Wed.	Thurs	Friday
269	235	254	285	270

MONTHLY ATTENDANCE

1314

COMPLETED EVENTS:

- Live Well 6 week seminar July 23- August 27
- WCAAA Medicare update seminar August 19
- Annual Statewide Senior Outing August 24
- Tip, Tricks 'n Technology Sept 11
- Home Energy Solutions Sept 16
- Senior Picnic @ Masonicare Sept 18

UPCOMING EVENTS:

- Flu shot clinics Tues Sept 29 9-12, Oct 13 10-12
- Fall Bingo Sept 24
- Cake Nurse Sept 29
- Essential Oils Oct 1
- Battle of the Bulge history speaker Oct 8
- Life Happens Seminar Oct 13
- Annual Halloween Bingo Dance Party Oct 29
- Annual Holiday Bazaar Nov 14

Upcoming Trips:

- The Big E Fair Sept 23
- Aaron Caruso @ Grand Oak Villa Sept 22
- Mohegan Sun Oct 15
- Oktoberfest @ Platzl Brauhaus October 23
- USO Show Troupe Nov 10
- Amish overnight Dec 2-4

New programs:

1. Intergenerational craft program w/ CAC every 2nd Thursday
2. Bible Study Wednesdays @ 2:30
3. Mornings with Marilyn Thursday @ 10
4. Humor w/ Judy Thursday @ 3
5. Cake Nurse w/ Linda Pinckney RN regional Hospice every 3rd Monday @ 2
6. Bingo sponsored by Lutheran Home once a month
7. Wheel of Fortune sponsored by Home Instead Senior Care once a month

More Upcoming Events for Seniors:

- **Life Happens.....making a decision or not.....** Oct 13 @ 1
- **Historian Speaker Arthur Gottlieb** LCSW
Oct 8 Battle of the Bulge 1:00
Nov 17 Eiffel Tower 2:00
- **Jamine LaMendola** teacher and singer ASL w/ music October 7 @ 2:00
- **Ageing with Essential Oils** class with Eileen Byrnes Oct 1 @ 2:30. Essential Oils which are natural compounds extracted from plants, are a wonderful way to support the body, emotions and the mind. Something very different but comes with a lot of interest.
- **Annual Halloween Party** Oct 29
- **Music Therapy Class** Nov 19

I have partnered with Masonicare and Nunnawauk Meadows and will be having a **Senior Picnic** scheduled **Friday Sept 18th @ the Gazebo at Masonicare of Newtown.**

This event will be free to all seniors.

A donation will be a non - perishable item or a \$1 towards the purchase of gift cards for the Social Services Pantry..... **UPDATE:** Over 60 seniors attended from our members at the center and from Nunnawauk Meadows. Transportation was our SC van due to limited parking at Masonicare. It was fabulous. This was a social event with a DJ, old and new friends together. This will become an annual event. And it was great that Ann Piccini was able to attend.

UPDATE: Live Well Seminar was a great success. Thank you to John and Vicky Boccuzzi for facilitating the seminar! All who attended benefited and enjoyed it.

New classes continue doing well:

1. The Bible Study
2. Mornings with Marilyn
3. Inter-generational w/ CAC
4. Humor w/ Judy

Gift Fund:

Annual Halloween Luncheon, Bingo and Dance with Bob Mel October 29

I will be requesting to pay the entertainer through the Gift Fund when I receive invoice.

GRANT UPDATE: monies are being received monthly. Gift fund has been reimbursed as per discussion last month.

Flu shot clinics are scheduled at the Center on Sept 29th from 9-12 and Oct 13 from 10-12.

*****Starting **Friday Sept 11**, then every Friday @ 2:30 , 4 senior girls from the High School will be volunteering doing their community service by facilitating " **Tips and Tricks on everyday Technology**" .

Senior members can bring their Ipads, phone, laptops, etc. and the young ladies will help, teach, answer question, hands on help to those who would like computer help. More info will be in the upcoming newsletter. Great program also...inter-generational!

UPDATE: This class is most successful! It speaks for itself....inter-generational....technology.....fun and free to seniors! They loved it. Spread the word.

Annual Bazaar is scheduled for Saturday Nov 14 from 9-3

We need bakers?????

Annual Holiday party is scheduled for Wednesday Dec 9 @ Michael's at the Grove in Bethel.

I'm still in process negotiating price and menu.....trying to keep it at \$35.00 pp....we will have the same DJ, seniors like him.

I will also be requesting deposit etc. for event and fee for DJ from the Gift Fund when I have the complete contract.

Keeping the seniors busy and active.

Marilyn



A.H. E



Ann LoBosco <ann.lobosco@newtown-ct.gov>

Fwd: commission meeting

7 messages

CurtSymes@aol.com <CurtSymes@aol.com>

Fri, Sep 18, 2015 at 7:56 PM

To: ann.lobosco@newtown-ct.gov, storresnewtown@gmail.com, aroosterw@yahoo.com, bbloom4388@aol.com, jboccuzzi@yahoo.com, maimbro@hotmail.com, LeahLentocha@aol.com, arothstein@aol.com, jamrr@aol.com, ctheune@att.net

Cc: ann.piccini@newtown-ct.gov, marilyn.place@newtown-ct.gov

Per Ann,

From: ann.piccini@newtown-ct.gov
 To: CurtSymes@aol.com
 Sent: 9/18/2015 4:36:48 P.M. Eastern Daylight Time
 Subj: commission meeting

Municipal Agent for the Elderly / Director of Social Services
 September 21, 2015

Our Food Pantry has had fresh vegetables for the past two months. Our seniors and disabled are coming each week and enjoying the crops from the Victory Garden.

Operation Fuel summer program has been a big help with electric bills with a shut off date. They are helping people with large balances through the NuStart Program. If they make a payment each month then Eversource will write off some of the bill each six months. Some of the people owe two thousand and one over four thousand. Eversource has been sending shut off notices for anyone who has missed paying for three months. Operation Fuel gave me a budget of \$5000 and I have used all of it and it was used to help elderly and disabled. I will try to ask for some additional money.

We have started to take CEAP Fuel Assistance which is State and Federal run program. We are seeing several new people apply. A couple of them have lost their jobs.

We are taking applications to help with the holidays.

Renters Rebate applications can be taken till the end of this month. This is for Elderly and Disabled. I have completed sixty-seven applications.

I completed this month four new Medicare Savings Program applications and twelve redeterminations for their Medicare Savings Program. Eight applications for food, SNAP. Four home visits.

Respectfully submitted Ann Piccini

John Boccuzzi <jboccuzzi@yahoo.com>

Fri, Sep 18, 2015 at 8:50 PM

Reply-To: John Boccuzzi <jboccuzzi@yahoo.com>

To: "CurtSymes@aol.com" <CurtSymes@aol.com>, "ann.lobosco@newtown-ct.gov" <ann.lobosco@newtown-ct.gov>, "storresnewtown@gmail.com" <storresnewtown@gmail.com>, "aroosterw@yahoo.com" <aroosterw@yahoo.com>, "bbloom4388@aol.com" <bbloom4388@aol.com>, "maimbro@hotmail.com" <maimbro@hotmail.com>, "LeahLentocha@aol.com" <LeahLentocha@aol.com>, "arothstein@aol.com" <arothstein@aol.com>, "jamrr@aol.com" <jamrr@aol.com>, "ctheune@att.net" <ctheune@att.net>
 Cc: "ann.piccini@newtown-ct.gov" <ann.piccini@newtown-ct.gov>, "marilyn.place@newtown-ct.gov" <marilyn.place@newtown-ct.gov>